

(d) The Secretary shall appoint an Executive Director of the Council who shall serve as a liaison to the Secretary and the White House on matters and activities pertaining to the Council.

(e) The Council may establish subcommittees as appropriate to aid in its work. Such subcommittees shall meet on a voluntary basis and be defined by objectives established in coordination with and agreed upon by the Secretary and the President.

(f) The seal prescribed by Executive Order 10830 of July 24, 1959, as amended, shall be the seal of the President's Council on Physical Fitness and Sports established by this order.

Sec. 5. General Provisions.

(a) Insofar as the Federal Advisory Committee Act, as amended (5 U.S.C. App.) (Act), may apply to the Administration of any portion of this order, any functions of the President under the Act, except that of reporting to the Congress, shall be performed by the Secretary in accordance with the guidelines and procedures issued by the Administrator of General Services.

(b) In accordance with the Act, the Council shall terminate 2 years from the date of this order, unless extended by the President.

(c) Executive Order 12345 of February 2, 1982, as amended, is revoked.

George W. Bush

The White House,
June 6, 2002.

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NOTE: This Executive order was released by the Office of the Press Secretary on June 20, and it was published in the *Federal Register* on June 11.

**Remarks at the White House
Fitness Expo**

June 20, 2002

Please be seated—except for those of you behind me. [Laughter] Welcome to the White House, and thanks for joining us as we launch a new national initiative designed to help the American people live longer, live healthier, and live better lives.

Better health is an individual responsibility, and it is an important national goal. We're making great progress in preventing and detecting and treating many chronic diseases, and that's good for America. We're doing a better job with heart disease and cancer and diabetes. We're living longer than any generation in history. Yet we can still improve, and we can do more. And it's not all that difficult to do. When it comes to your health, even little steps can make a big difference.

I really appreciate the First Lady for joining us. She is—she's a regular exerciser. I appreciate Tommy Thompson, the Secretary of the Department of Health and Human Services, for being here. Tommy told me the other day, even at his advanced age he's thinking about running a marathon. [Laughter] I appreciate very much Gale Norton, who's the Secretary of the Interior, for being here as well, Gale. Thank you both for coming.

I want to thank all the athletes who are here, and physical fitness experts and Olympians and Paralympians and President's Council on Physical Fitness and Sports are joining us today. I'm honored you're here.

This is an important message that we're sending to America. When America and Americans are healthier, our whole society benefits. And that's important to know. If you're interested in improving America, you can do so by taking care of your own body.

This year, heart disease will cost our country at least \$183 billion. If just 10 percent of adults began walking regularly, we could save billions in dollars in costs related to heart disease. Research suggests that we can reduce cancer deaths in America by one-third simply by changing our diets and getting more exercise. The evidence is clear: A healthier America is a stronger America.

And today I'm taking two actions to put a new emphasis on health and fitness in America. First, I'm appointing the men and women you see behind me to the President's Council on Physical Fitness and Sports. These are professional athletes, trainers, U.S. Olympians, executives from the public and private sector, and physicians. Lynn Swann, a friend and a football legend—not necessarily a friend to Cowboy fans, I might

add—[*laughter*—will be the Chairman of this Council. I named him Chairman because, after a discussion with him and with his friends, he is committed to using the platform that he now has to make America a healthier place by encouraging individual responsibility. I appreciate so very much his Vice Chairman, Dot Richardson, an Olympic gold medalist in softball and an orthopedic surgeon, for joining us as well.

These fine Americans will serve as role models and will join me in working with Americans to encourage exercise and healthy choices in life. Together, we're going to educate our country. We can do so by adopting four guideposts in a new initiative called Healthier US. First, Americans should be physically active every day. Second, develop good eating habits. Third, take advantage of preventative screenings. And fourth, don't smoke, don't do drugs, and don't drink excessively. These four simple measures will help our country a lot, by helping our fellow Americans a lot.

First, let me talk about physical fitness. People ought to work out every day, one way or another. A report released today by the Department of Health and Human Services confirms that virtually all individuals can benefit from regular physical activity. Yet more than a third of our children, 9th through 12th grades, failed to exercise at least 20 minutes a day, 3 times a week. More than a third of our children don't get an hour's worth of exercise a week. Secondly, 60 percent of American adults do not get enough exercise to improve their health.

With this initiative, we propose simple solutions. How about just walking 30 minutes a day? That's pretty simple. It's easy to do. It will make you feel a lot better, by the way. How about parents just playing a game with children in their backyard for 30 minutes or an hour? It would be good for the child; it would be good for the parent; and it's good for the family.

Regular hiking through a park can add years to a person's life. To honor that commitment, I want to thank Secretary Norton for waiving all entrance fees this weekend to national parks and Federal lands. If you're interested in doing something about your

health, go to one of our parks and take a hike. [*Laughter*]

Second, eat a nutritious diet. That means at least five fruits or vegetables a day. I've got a little work in my family. We've been working on the old—well, been working on "Number 41" to eat broccoli for all these years. [*Laughter*] But it's good advice. If you're interested in your health, cut out fatty foods; watch what you're eating. And by the way, when you eat better food, it will give you more energy for your 30-minute walk.

Third, get preventative screenings. These are simple tests that can save your life. Screenings available through your doctor may tell you if you're prone to developing certain diseases, such as diabetes or cancer or heart disease. By acting on information, you can help prevent a potentially life-threatening illness.

And fourth, cut out tobacco, drugs, and excessive drinking. Tobacco use is the single most preventable cause of death and disease in America. Drug and alcohol abuse destroys our families and lives and hopes of our fellow Americans. Our message is clear: Avoiding tobacco, drugs, and excessive alcohol can save your life.

This initiative is part of this administration's ongoing commitment to raising awareness about the benefits of exercise and healthy choices. Exercise is a part of my daily life. It kind of helps me deal with the stress a little better. After I get a good run in, I even like the press corps a lot better. [*Laughter*] I don't know if they like me a lot better after my run. But I value exercise. It's an important part of a balanced life.

I've urged the folks at work inside the White House to exercise on a daily basis. As an employer, I insist that they take time off, out of their daily grind, to get some exercise. I found them to be better able to communicate and happier on their job when they take some time, and it doesn't matter to me when they do it. They can do it any time of the day, so long as they get it done.

Today I'm going to sign an Executive order directing Federal agencies to work together to develop new policies to promote fitness. And at the White House, Federal agencies and businesses and professional sport leagues

have set up activities, as you can see, to educate people about better eating, preventative screenings, and the danger of substance abuse.

On Saturday, members of my staff will join the First Lady and me in a fitness challenge to serve as an example to get people running and exercising and walking. And throughout this year and so long as we're here in Washington, we will do everything we can, as we travel around the country, to demonstrate ways to help keep America fit.

It is important for all of us to be responsible for the decisions we make in life. It's important for us to be responsible for taking care of our own health. And as we do so, not only will we each have a more fulfilling life, collectively we'll make a great contribution to the country we love.

I want to thank you for coming. I want to thank you for your commitment to making America the greatest place it can possibly be. Take a small step for America by exercising on a daily basis.

God bless you all, and God bless the country.

NOTE: The President spoke at 8 a.m. on the South Lawn at the White House.

Exchange With Reporters at the White House Fitness Expo

June 20, 2002

President's Workout

Q. Have you worked out today, sir?

The President. This afternoon. As you know, I'm giving a speech tonight, the Sullivan speech. So after working all day long, before the speech, I'll work out. I'm going to lift weights. I'm going to do a little elliptical training. I'm going to do some physical fitness stuff—not an outdoor run today.

Upcoming Speech on the Middle East

Q. How's the other speech coming?

The President. The speech I'm giving tonight?

Q. No, the other one.

The President. I'll give it at the appropriate time. Thank you all.

NOTE: The exchange began at 8:33 a.m. on the South Lawn at the White House. A tape was not available for verification of the content of this exchange.

Executive Order 13266—Activities To Promote Personal Fitness

June 20, 2002

By the authority vested in me as President by the Constitution and the laws of the United States of America, and in order to improve the efficiency and coordination of Federal policies related to personal fitness of the general public, it is hereby ordered as follows:

Section 1. Policy. This order is issued consistent with the following findings and principles:

- (a) Growing scientific evidence indicates that an increasing number of Americans are suffering from negligible physical activity, poor dietary habits, insufficient utilization of preventive health screenings, and engaging in risky behaviors such as abuse of alcohol, tobacco, and drugs.
- (b) Existing information on the importance of appropriate physical activity, diet, preventive health screenings, and avoiding harmful substances is often not received by the public, or, if received, is not acted on sufficiently.
- (c) Individuals of all ages, locations, and levels of personal fitness can benefit from some level of appropriate physical activity, dietary guidance, preventive health screening, and making healthy choices.
- (d) While personal fitness is an individual responsibility, the Federal Government may, within the authority and funds otherwise available, expand the opportunities for individuals to empower themselves to improve their general health. Such opportunities may include improving the flow of information about personal fitness, assisting in the utilization of that information, increasing the accessibility of